



AARTI'S CRANBERRY CHUTNEY

INGREDIENTS

1 1/2 teaspoons whole black peppercorns	Juice of one orange (about 1/4 cup)
1/2 teaspoon whole coriander seeds	1/4 cup water
1 tablespoon avocado oil	2 teaspoons orange zest (about 1/2 orange)
1-12-ounce bag fresh or frozen cranberries (about 3 cups)	1/2 cup fresh pomegranate seeds
1/2 cup granulated sugar	

METHOD

1. **Grind black peppercorns and whole coriander seeds** together in a spice grinder or a pestle and mortar until fine. Set aside.
2. In a small saucepan, **combine oil and spice mixture**. Season with a little salt. **Set over medium heat** and cook until fragrant but not burnt, **2-3 minutes!** Careful – you might find yourself sneezing!
3. **Add cranberries, sugar, juice and water**. Bring to a **boil, then turn the heat down** so that the contents of your pot are at a gentle simmer. Cook for about **10 minutes**, or until most of the cranberries burst.
4. **Turn off heat**, gently **stir in the orange zest and pomegranate seeds**. Taste for seasoning.